

Welcome Back to Weekly Wellness

Good morning! 😊

This week's topic is on Sam Bern's Philosophy for a Happy Life. Below is the link to the inspirational TED Talk where Sam shares three simple principles that allowed him to live a happy life despite the severe challenges he faced being born with the rare genetic disorder called progeria. Our grounding technique is mandala coloring! Please refer to the links below the TED Talk link for the pages with mandala designs that can be printed or completed virtually.

Please click the link below for Sam Bern's "My Philosophy for a Happy Life":

https://www.ted.com/talks/sam_berns_my_philosophy_for_a_happy_life

Coloring is NOT just for kids! This method of coloring is a very therapeutic, stress relieving alternative to meditation that requires attentiveness and deep engagement which is perfect for grounding. Check out the links below to find your favorite designs and color away!

Mandala Coloring Links:

- Printable AND Virtual Coloring
 - <https://colormandala.com/>
 - <https://www.sunnyray.org/Online-mandala-coloring.htm>
 - <http://www.supercoloring.com/coloring-pages/arts-culture/mandala>
- Printable Coloring ONLY
 - <http://www.supercoloring.com/coloring-pages/arts-culture/mandala>

Thank you for joining! Stay tuned to Schoology for more Weekly Wellness on Monday.

I hope you all have a wonderful week! 😊

“Life moves pretty fast. If you don't stop and look around once in a while, you could miss it.” - Ferris Bueller

If you have any questions, concerns, comments, or would like to chat, please do not hesitate to email me at rodgerss@tesd.net or you can send me a message on Schoology!